Sapulpa 20/20 Plus Support Group

Meeting: Second, speaker, and fourth, Group Discussion, Wednesdays of each month from 1 p.m. to 2 p.m.

Location: Steak and Eggs, 1112 East Taft Avenue, Sapulpa,
In the Veterans Hall

If you want to order food, 12:30 p.m.

Transportation Available within the Sapulpa Area

Contact: Janis Potter, (918) 512-6946 or Joyce Anglen, (918) 227-9603.

South Central Chapter of the National Federation of the Blind of Oklahoma
Meeting: Third Saturday of the month
Location: Ardmore Public Library, 320 East Street Northwest, Ardmore

Contact: Dorothy Robinson, (580) 277-3538 or email: dorothycrobinson@att.net

Stillwater Support Group of the Visually Impaired
Meeting: First Monday of each month, 1:30 p.m. to 2:30 p.m.
Location: Clubhouse at Windrock Condominiums, 1000 North Star Drive, Stillwater

Contact: Gwennette Morrow, (405) 614-1855 or Jane Fore, (918) 237-1783

Tulsa Council of the Blind,
A chapter of the Oklahoma Council of the Blind
Meeting: Second Friday of every month, from 5:30 p.m. to 7:30 p.m.
Location: Mazzio's
The Farm Shopping complex,
5119 South Sheridan Road, Tulsa
Informative presentations, discussions, activities, etc.

Contact: Jesse Martinez, (918) 232-7164 or email okie3268@yahoo.com

Tulsa Strikers
Associated with the American Blind Bowlers Association
For 28 weeks, beginning August 10, 2014, meets every Saturday from 10 a.m. to 1 p.m.
Location: Sheridan Lanes, 3121 South Sheridan, Tulsa

Contact: David or Jeri Cooper, (918) 832-7035 or email: jericooper@att.net

VISTA (Visually Impaired Seeking Technique Alternatives)

Meeting: Meets every Wednesday from 1 p.m. to 3:30 p.m.
Location: Classroom 1 in the Center for the Physically Limited, 815 South Utica, Tulsa
Participants work crossword puzzles, play games, network and take Braille classes

Contact: Margie Goodell, (918) 241-6433 or David Dowland, (918) 744-4208

Visual Impairments Support Group

- **Meeting: Third Wednesday of the Month**
  Location: Claremore Community Center, 2301 North Sioux Avenue, Room 3, Claremore

  Contact: Sue Speers, (918) 342-5462 or email: snspeer1@sbcglobal.net
- **Meeting: Third Wednesday of each month from noon to 1 p.m.**
  Location: 710 W. Wilshire, Suite 102, Oklahoma City
  Activities and Events Scheduled

  Contact: Megan Adkins, NewView Oklahoma Programs Coordinator, (405) 286-9699, or email: mmadkins@newviewoklahoma.org
  Website: www.newviewoklahoma.org

West Central Chapter of the National Federation of the Blind of Oklahoma
Meetings: Every second Tuesday of each month at 6 p.m.
Location: First Baptist Church, 900 West Frisco, Clinton

Contact: Avey Rico, President, (580) 309-0142 or email: latinokie57@gmail.com

Will Rogers Low Vision Support Group
Location: Will Rogers Senior Citizen Center, 3501 Pat Murphy Drive, Oklahoma City
Contact: Bob Sanders, (405) 745-2225 or email bsanders14@cox.net

Oklahoma Suppliers of Equipment and Technology for People with Vision Loss

NanoPac, Inc.
4823 S. Sheridan Rd.
Tulsa, OK. 74145
(918) 665-0329
(918) 665-0361 FAX
Website: www.nanopac.com

Freedom Scientific, Enhanced Vision, GW Micro, Dolphin USA Products, Ai Squared, HIMS Products, Humanware, ALVA, Enabling Technologies, Eschenbach and many other disability related products.

OKVISION
2313 NW 119th Terrace
Oklahoma City, OK 73120-7410
Tel/Fax: (405) 302-0518
Email: Keokuk3@swbell.net

Magnisight, ABiSEE, ASH Tec. and FOCI Inc. products.

Precision Optical Inc.
5123 N. Portland Avenue
Oklahoma City, Ok 73112
(405) 949-6405
(888) 377-8505
Website:
http://www.precisionopticalokc.com/Pages/default.aspx
Email:
brettmckean@precisionopticalokc.com

One of the best magnification resources in the Oklahoma City metro area. Carrying a full line of lighted hand-held and stand magnifiers. Distributors for several video magnifier companies.

Carrying many other Low Vision items such as Monoculars and Binocular specs. talking watches, high powered reading glasses and Jonathan Paul fitover sunglasses.

Specializing in previously owned video magnification devices.

Genuine Care
4800 N. Classen Blvd.
Oklahoma City, OK 73118
(405) 842-8505

This store features disability-related and other items. Specializing in items including watches, magnification devices, mobility devices, household items and much more.

Training Specialists

Krysler Consulting

Sterling Krysler
2200 NW 54th Street
Oklahoma City, OK 73112
Phone: (405) 610-2474
Email: krysler@krysler.com

NewView Oklahoma

Contact for classes offered and schedule.
Bundy Porterfield, Assistive Technology Instructor.
Email:
bporterfield@newviewoklahoma.org

Visual Service Assistive Technology Specialists

for DRS/Visual Services consumers

Contact: Carolyn Salem
(405) 522-3436
Email: csalem@okdrs.gov

National Suppliers of Equipment and Technology for People with Vision Loss

ABiSee, Inc.

Attn: Human Resources
30 Sudbury Rd, Unit 1B
Acton, Massachusetts 01720
Phone: (978) 637-2900
Toll Free: (855) 354-4080
Fax: (253) 595-3623
General Info: info@ABiSee.com
Website: http://www.abisee.com/

Smart Readers and Magnifiers for the Visually Impaired.

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(802) 362-1670 Fax
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Chico, CA 95928,
(650) 622-9071
Fax: (650) 622-9099
Website: http://www.aumedgroup.com/

Aumed is a vigorous medical technology company dedicating to developing and manufacturing low vision products, including OCR products.

EnableMart
School Health Corporation
Customer Service
865 Muirfield Drive
Hanover Park, IL 60133
(888) 640-1999
(7 a.m. to 5 p.m. CST, Monday-Friday)
Fax: (888) 640-1999
(7 a.m. to 5 p.m. CST, Monday-Friday)
Website: http://www.enablemart.com/

EnableMart is a world leader in Assistive Technology for those with blindness, low vision, hearing loss, learning disorders and other disabilities. We have been supporting the special needs community for more than a decade by providing all the most demanded learning curriculums, augmentative devices, large key and large print

keyboards, Braille displays, alternative input devices, switches and amplified phones. We carry the best name brands in assistive tech products like Dragon Naturally Speaking, Edmark Reading, Claro and Livescribe pens. Today EnableMart is the worldwide leader in Assistive Technology distribution with customers representing all 50 states and over 45 foreign countries. EnableMart is the one stop solution for over 3,000 Assistive Technology devices from over 200 manufacturers. EnableMart excels at finding the right Assistive Technology products to meet customers' needs.

Enabling Technologies
1601 N. E. Braille Place
Jensen Beach, Florida 34957
(772) 225-3687
(800) 777-3687
(772) 225-3299 Fax
Website: http://www.brailler.com/

Braille production and software products.

Enhanced Vision

5882 Machine Drive
Huntington Beach, CA 92649
(888) 811-3161
(714) 374-1829
Fax: (714) 374-1821
http://www.enhancedvision.com/

Enhanced Vision is a leading developer of assistive technology for the visually impaired along with a full page OCR solution for easy text reading!

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11800 31st Court North
St. Petersburg, FL 33716-1805
(800) 444-4443 or (727) 803-8000
Website: www.FreedomScientific.com

Develops, manufactures, and markets technology-based products that provide equal access to information and computing for those who are blind or with vision impairments or learning disabilities.

GW Micro
725 Airport North Office Park
Fort Wayne, IN 46825
(260) 489-3671
Fax: (260) 489-2608
Hours: M-F, 8:30a.m.-5p.m., EDST
Website: http://www.gwmicro.com/

GW Micro is an adaptive technology vendor, dedicated to providing high quality software and hardware solutions for blind and visually impaired individuals worldwide since 1990.

Ai Squared Merges with GW Micro.

GW Micro and Microsoft Corp. have partnered to make Window-Eyes available to users of Microsoft Office at no cost. Window-Eyes is a screen reader that enables people who are blind, visually impaired, or print disabled to have full access to Windows PCs and makes the computer accessible via speech and/or Braille.

HIMS Inc.
4616 W. Howard Ln, Suite 960
Austin, TX 78728
Sales and Customer Service:
(888) 520-4467
Technical Support: (512) 837-2000
Fax (All Departments): (512) 837-2011
Email Sales: sales@hims-inc.com
Support: support@hims-inc.com
Website: http://hims-inc.com/

HIMS has been a global leader in the development and manufacturing of assistive technology for the blind and visually impaired since 1999.

HumanWare
Toll-free phone (US only):
(800) 722-3393
Email: us.info@humanware.com
Website: http://www.humanware.com/

For over 25 years, HumanWare's inspirational vision has resulted in a range of highly intuitive and intelligent solutions that empower people with visual impairment and learning disabilities by giving them the independence to participate effectively within a sighted world. We provide Blindness products, Low vision products, Deaf-Blind Communication Solutions and solutions for Learning disabilities
Website:
http://infinitec.org/programsservices.htm

Online resource guide for all disabilities.

MagniSight

MagniSight Inc.,802 Nichols Blvd.
Colorado Springs, Colorado 80907
(800) 753-4767 (Toll-free)
(719) 578-9887
Email: info@magnisight.com

MagniSight, Inc. manufactures a full line of CCTV products and markets them nationwide

NVDA

Email: admin@nvaccess.org

Website: http://www.nvaccess.org/

Website: http://community.nvda-project.org/wiki/Guides

NVDA (NonVisual Desktop Access) is a free "screen reader" which enables blind and vision impaired people to use computers. It reads the text on the screen in a computerized voice. You can control what is read to you by moving the cursor to the relevant area of text with a mouse or the arrows on your keyboard.

Optelec
Toll Free: (800) 826-4200
Local: (760) 536-0088
Toll Free Fax: (800) 368-4111
Local Fax: (760) 734-7403
3030 Enterprise Court, Suite C
Vista, CA 92081
Email: info@optelec.com | marketing@optelec.com
Hours of Operation: Monday - Friday, 6:30 a.m. to 5:00 p.m., Pacific
Website: www.optelec.com

It is our goal to play an increasing role for those in need coping with vision loss and to spread awareness so that optical, daily living aids, electronic video magnification, and speech solutions are readily available.

Telesensory Corporation
Telesensory Service & Repairs
Janio Calderon
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Bakersfield . CA93309
(800) 804-8004
(650) 743 9515
Email: janio@telesensory.com
Email: info@telesensory.com
Website: http://www.telesensory.com

Products include video magnifiers (CCTVs) and reading machines.

Definitions

Here are just a few words and definitions relating to vision loss that you might find helpful to know:

Acuity Loss: Acuity loss is a problem with central vision, which is used to read and write. This vision is tested with an eye chart and corrected with glasses. Some people have an acuity loss so significant that it cannot be corrected with glasses.

Artificial Tears: This nonprescription eye drop keeps eyes moist like the fluid in natural tears.

Bifocal Lens: These eyeglass lenses have two segments, one made to improve near vision and one to improve distance vision.

Blindness: People who are legally blind have acuity losses and/or field restrictions. Some may see nothing. Others may see only shapes, shadows or motion. Many others can read under certain conditions.

Cataract: A cataract is a clouding of the clear lens of the eye. Symptoms may include blurred or distorted vision, frequent changes in eyeglasses, double vision or loss of color vision. Surgery is 90% successful in restoring usable vision.

Cornea: **The clear curved film that covers that front of the eye. It protects the eye and helps the lens focus images on the retina.**

Diabetic Retinopathy: **Diabetic Retinopathy is a swelling and abnormal growth of blood vessels within the eye caused by diabetes. It results in blurred vision in the early stages and possibly total loss of vision. Laser surgery can sometimes restore vision or stop vision loss.**

Field Restriction: **This is a loss of one section of vision, often peripheral or side vision. People with field restrictions may have difficulty spotting things out of the "corner of their eyes" and keeping track of what is going on around them.**

Floaters: Floaters are a group of cells or protein in the clear fluid in the center of the eye, which look like small moving black shapes, especially visible against light backgrounds.

Glaucoma: This is a build-up of pressure inside the eye, which damages the optic nerve and destroys side vision. The vision loss may proceed unnoticed until it becomes severe, but after detection it is generally manageable with drugs or surgery.

Laser Beam: A laser beam is a powerful beam of light that can generate intense heat in a small area. It is often used in eye surgery.

Legal Blindness: Those who have visual acuity of 20/200 or worse using their glasses or other means of correcting their vision OR those who have a visual field restriction of 20 degrees or less are considered to be legally blind. An ophthalmologist or optometrist determines whether a person is legally blind or not.

Lens: The lens is located behind the iris and pupil, it is crystal clear and changes shape to help us see near or far objects.

Macula: The macula is the part of the retina responsible for central or reading vision. It contains a high concentration of retinal cells.

Macular Degeneration: Macular Degeneration is the loss of central or

reading vision. Symptoms may include straight lines that appear distorted, blurred text and dim colors. Training can help people with this condition use their remaining vision effectively.

Mixed Loss: Some people have both acuity loss and a field restriction, which is known as a mixed loss.

Orientation: Orientation refers to understanding your relationship to the things or people around you, for example, knowing your position in a room in relationship to the door.

Presbyopia: Presbyopia refers to the normal way vision changes as we grow older. For most people these changes start around the age of 40.

Pupil: The pupil is a black hole in the center of the colored part of the eye. It changes in size to let in the right amount of light. The pupil gets small in light and bigger in darkness.

Rehabilitation: Restoration means to restore someone or something to health or useful activity.

Retina: The retina is the thin layer of nerve cells on the back of eye. It carries the light and visual images that strike the optic nerve. The optic nerve then carries the image to the brain. Some of the thousands of nerves making up the retina help with color perception, while others help you to see more distinctly.

Tactile: Tactile refers to something that can be used by touching it.

<u>20/20 Vision</u>: The term 20/200 indicates that the person being tested can see at 20 feet what a person without vision loss can see at 200 feet.